



May 12, 2003
National Women's Check-Up Day

Factsheet

What is National Women's Health Week?

National Women's Health Week is a national effort by an alliance of organizations to raise awareness about manageable steps women can take to improve their health. The focus is on the importance of incorporating simple preventative and positive health behaviors into everyday life. It encourages awareness about key health issues among all women, and especially African American, Asian/Pacific Islander, Hispanic American, and American Indian/Alaska Native women, since recent research has shown there are significant health disparities among these groups compared to white women.

When is National Women's Health Week?

The week will start Mother's Day and end on the following Saturday, a time when there is much attention already being focused on women. We will celebrate the 4th annual National Women's Health Week May 11-17, 2003.

Where is National Women's Health Week?

Across America—in communities, neighborhoods, towns, cities, counties, the Internet, job sites, places of worship, recreation centers and wherever people choose to celebrate the role of good health practices in the lives of women.

Who participates in National Women's Health Week?

National women's groups, local and national health organizations, businesses, social service agencies, and others will participate in a national education campaign aimed at increasing awareness of the week and its goals. In short, it will include anyone who wants to help make women's health a top priority. Founding partners of National Women's Health Week hope that each year it is celebrated more groups will join in a groundswell of activity that will lead to healthier women and a healthier America.

Why celebrate National Women's Health Week?

When women take even the simplest steps to improve their health, the results can be significant. But women need to be able to choose the most effective steps for their individual lifestyles and circumstances. They need to be informed and take responsible actions to improve their own health. For example, heart disease is the number one killer of all women, but for Asian/Pacific Islander women, cancer is the number one cause of death. When it comes to lung cancer, however, white women have the highest mortality rate from lung cancer among all women. At the same time, African American women have the highest mortality rates from heart disease of all women. Stroke is the third leading cause of death for American women, but it occurs at a higher rate among African American and Hispanic American women compared with white women. These differences show the importance of taking appropriate health actions based on individual backgrounds and risk factors.



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How can your business or group get involved in National Women's Health Week?

The founding partners have planned a series of activities for the week, many of which can be exported to local businesses and groups.

For more information, contact the National Women's Health Information Center at (800) 994-WOMAN, or visit their website at <http://www.4woman.gov>.



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